

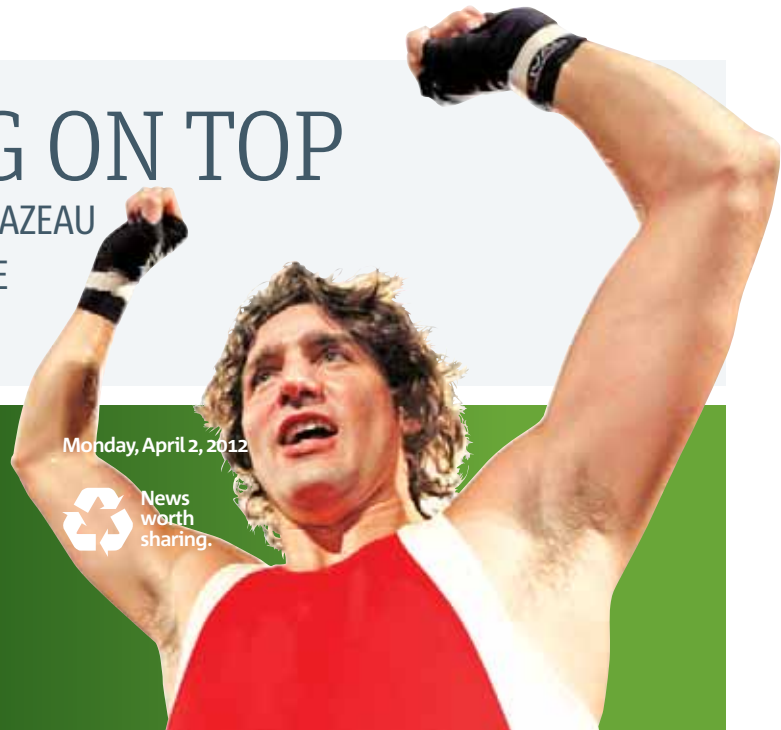


Break out the greens

Spring calls for a classic Greek salad with fresh ingredients PAGE 19

UNDERDOG ON TOP

TRUDEAU DEALS BLOW TO BRAZEAU AND CANCER IN RING RUMBLE FOR CHARITY PAGE 7



Monday, April 2, 2012



News worth sharing.

OTTAWA

metro



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Nuclear-waste site eyed at Chalk River

Underground. AECL says most quakes in the area are small, but Natural Resources says there have been three significant quakes, the most powerful near Temiscaming in 1935, at 6.2 on the Richter scale

The federal government is eyeing the Chalk River nuclear reactor site, 160 kilometres northwest of Ottawa, for an underground radioactive-waste storage site. Atomic Energy of Canada Ltd. (AECL) says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site, the product of 60 years of research. The radioactive waste is expected to grow to

360,000 cubic metres by 2100 — enough to fill 106 Olympic swimming pools now, and 144 by the end of the century. The compound would consist of shafts, access tunnels and as many as 223 storage rooms. A document posted on a website advertising government contracts outlines the proposal. AECL began looking at the site as a nuclear burial ground six years ago. "No features have been found to disqualify the bedrock of the Chalk River laboratories site from hosting a GWMF (geologic waste-management facility)," the document says. "The bedrock of the Chalk River laboratories site below a depth of 400 to 500 metres appears to have a good potential to safely host a GWMF for Chalk River laboratories' (low- and intermediate-level radioactive waste), although the work to date is premature

in nature." Ottawa Riverkeeper, a local conservation group, meets regularly with AECL to talk about the health and safety of the waterway. The group's executive director, Meredith Brown, said there is always some chance radioactive material could leak into the Ottawa River. "There's always a chance (of a leak)," Brown said. "I guess it depends largely on how they build it, right? I mean, obviously they're going to have to build it to handle any seismic activity in the area." The site is in the Western Quebec seismic zone, an earthquake belt surrounding the Ottawa Valley from Montreal to Temiscaming, Que., as well as the Laurentian mountains and parts of Eastern Ontario. No one from AECL was available for an interview. THE CANADIAN PRESS



FEIST RAKES 'EM IN

PAGE 10

Feist accepts the Juno Award for artist of the year at the gala in Ottawa Sunday night. The singer-songwriter also won awards for adult alternative album of the year for her fourth disc, Metals, and music DVD of the year for her documentary Look at What the Light Did Now. FRED CHARTRAND/THE CANADIAN PRESS

Sens clinch playoff spot

5-1 drubbing of Islanders ensures post-season berth PAGE 20

Pass the bucket

You're not the only one who's sick of My Heart Will Go On PAGE 11

Suu Kyi on the verge

If confirmed, election win will send Nobel laureate to Myanmar parliament PAGE 6

Advertisement for LASIK MD Vision, featuring three doctors and promotional text: 'HAVE LASIK NOW. TAKE UNTIL 2017 TO PAY!'. Includes contact information for Ottawa: Minto Place Atrium, 427 Laurier Ave West.

1

NEWS

On the web

Check out our new website

Metro's thrilled to launch our new website with a reimagined, cleaner design and more content, including more special features, from our team of staff across the country. In addition to the many changes at metronews.ca, we've launched sleek new native apps for iPhone, iPad and Android. Be sure to download them and then head to metronews.ca.

Mobile news



Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

New transit boss key to driver contract deal: Mayor

Transit. Mayor credits OC Transpo GM John Manconi with renewed effort to build 'an environment of trust and respect' with drivers



STEVE COLLINS
steve.collins@metronews.ca

Mayor Jim Watson says a tentative contract deal reached with the transit union last Friday night — just ahead of the expiry of their current contract on Saturday — is evidence the city's relationship with ATU 279 has improved.

"I think the relationship between the city and the union pretty much hit rock bottom with the last strike a few years ago," he said.

"I certainly was determined when I ran for mayor that we would work hard to get a deal that was fair to the workers, the passengers and the taxpayers.

"I'm very confident that we've landed on such a deal that I'm going to recommend to our council."

New transit boss John Manconi took a hands-on role in negotiations, Watson said, adding that this was the first time in 23 years they've reached an agreement before the expiry of the previous

contract, and the first time in eight years it didn't go to either arbitration or a strike.

"The strike really did hurt a lot of people," Watson said.

"It hurt passengers, small businesses, the workers themselves, and I was determined that we were going to turn the page and do our best to improve relations."



National women's hockey team players revealed

Forward Natalie Spooner, left and defenceman Laura Fortino right made the cut as Canada's National Women's Hockey Team revealed its 28-player final roster in Ottawa yesterday for the 2012 IIHF Women's World Championship in Burlington, Vt. They made the team after a six-day selection camp in Ottawa, including several practices, two games against Midget AAA boys' teams and Saturday night's pre-tournament game between Canada and the United States. The rest of the team lineup can be seen at hockeycanada.ca. STEVE COLLINS/FOR METRO

Drunk driving. Bail granted to driver accused in fatal St. Patrick's Day crash

A man accused of drunkenly running down and killing a mother of two as she walked home from a St. Patrick's Day party in Constance Bay has been granted bail.

Jeremy Rees, 23, was released Friday after he posted a \$5,000 bond and a surety posted an additional \$25,000. Rees is charged with impaired driving causing death, criminal negligence causing death and failing to remain at the scene of a collision on Bayview Drive that killed Erin Vance, 26. He is to appear in court again on April 19. **METRO**



Jeremy Rees, left.
MIKE CARROCCETTO FOR METRO

Man thrown from car

Head injuries

A 37-year-old man suffered serious head injuries Saturday night when he was thrown from his car in a single vehicle rollover on Phelan Rd east of First Line Road.

METRO

Rescue

Cyclist heart attack

A 45-year-old cyclist was rescued by three doctors Saturday afternoon when he suffered a heart attack on a bike path near Wellington and Bay streets.

METRO

Crime. Police mum on whether handgun murder-related

Ottawa Police have located a firearm during their investigation into a fatal shooting on Dunes Road, but police have not said if the gun is the one that was used to kill Peyman Hatami, 31.

Hatami's body was found Thursday afternoon in a parking lot next to the Asia Garden Chinese restaurant.

Staff Sgt. Bruce Pirt of the major crimes unit said on Sunday that police continue to investigate, but have not made any arrests in the homicide.



Police crime scene.

JOE LOFARO/METRO

An autopsy was scheduled for Saturday. Police say the incident does not appear to be random. **METRO**



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Swan parade draws swarms of soaked spectators

A herd of swans and Chinese geese make their way from their winter home to the Avon River during the annual Swan Parade in Stratford, Ont., Sunday. Thousands of spectators lined the route in the rain to see the spring ritual. DAVE CHIDLEY/THE CANADIAN PRESS

Future funds

Ontarians urged to save for retirement

Middle-class families must save more for their retirement, or risk suffering a big shock in their golden years.

The Ontario government plans to repeat that warning during the coming months

as Ottawa raises the eligible age for old age security to 67, postponing existing benefits for two years. Few Canadians are saving enough money for their retirement, which will put more pressure on their families and provincial health and welfare budgets once they reach old age, Ontario Finance Minister Dwight Duncan said.

THE CANADIAN PRESS

Coffee crazed

Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become so bad in Saskatoon that one

city councillor has proposed a ban on all future drive-thrus.

City transportation manager Angela Gardiner said the dilemma was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons drive-thrus greatly exceed the average for other fast-food outlets in Canada.

THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition.

N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and

Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.

- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

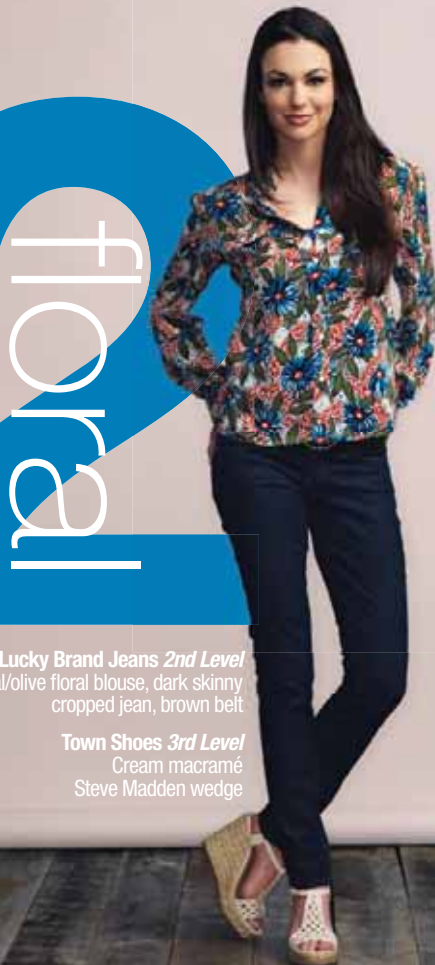
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Aung San Suu Kyi wins seat in Myanmar's parliament

Election. Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose non-violent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to Parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy ad-

Junta evolves

Rapid reforms

Myanmar has changed dramatically over the past two years. The ruling junta finally ceded power last year, and although many of its leaders merely swapped their military uniforms for civilian suits, they went on to stun even their staunchest critics by releasing political prisoners, signing ceasefires with rebels, relaxing press censorship and opening a direct dialogue with Suu Kyi — whom they tried to silence for decades.

THE ASSOCIATED PRESS

vocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

U.S. Secretary of State Hillary Rodham Clinton congratulated Myanmar for holding the poll.

THE ASSOCIATED PRESS



Aung San Suu Kyi's supporters in Yangon, Myanmar erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

Market survival. A leaner, specialized future for RIM

Smaller, more efficient, sharply focused: that's likely the RIM of the future. Having grappled with the giants of the smartphone industry and received a battering in financial and marketing terms, Research In Motion will likely emerge as a specialized company that

doesn't compete head-on in the consumer smartphone market with Apple or Android devices, analysts said Friday. After Thursday's dismal quarterly results, the BlackBerry maker announced plans to rebuild, while considering options, including selling. THE CANADIAN PRESS

High time to tax rich fairly: Obama

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead — not just a few."

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

who has complained that rich people like him pay a smaller share of their income in federal taxes than middle-class taxpayers. Many wealthy taxpayers earn investment income, which is taxed at 15 per cent.

Obama has proposed that people earning at least \$1 million annually — whether in salary or investments — should pay at least 30 per cent of their income in taxes.

He encouraged listeners to pressure their members of Congress "to stop giving tax breaks to people who don't need them." THE ASSOCIATED PRESS

Industry threat. Citrus disease spreads to California

A citrus disease that has killed millions of citrus trees and cost growers billions of dollars across Florida and Brazil has been detected in California, despite the industry's best efforts to keep it at bay.

After a week of testing, the U.S. Department of Agriculture confirmed Friday that citrus greening was detected in a lemon-grapefruit hybrid tree in a residential neighbourhood of Los Angeles County. Sales and shipments of citrus trees within an eight-kilometre radius of the tree were due to be suspended Saturday. The disease stands to threaten not only California's nearly \$2-billion citrus industry, but treasured backyard trees throughout the state.

The bacterial disease is carried by the Asian citrus psyllid and attacks a tree's vascular system, producing bitter fruit and eventually killing the tree. Sap-sucking psyllids that feed on an infected tree become carriers of the disease. It is not a threat to humans.

State officials were work-



In this Jan. 24 file photo, citrus entomologist Mamoudou Setamou, holds an orange that's showing signs of citrus-greening disease in a grove in San Juan, Texas. NATHAN LAMBRECHT/THE MONITOR/THE ASSOCIATED PRESS

ing on a larger quarantine that would extend into northern Orange County. The closest commercial grove is 22.5 kilometres away from the infected tree.

The University of Florida estimates it has cost Florida 6,600 jobs, \$1.3 billion in lost revenue and \$3.6 billion in lost economic activity since it appeared in 2005. THE ASSOCIATED PRESS

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BRAZEAU GETS A HAIRCUT, CANCER TAKES A BEATING



**URBAN
COMPASS**
Steve Collins
ottawa@metronews.ca

Before he got in the ring with Conservative Senator Patrick Brazeau for Saturday night's charity boxing match, I hadn't spoken to many people who gave Liberal MP Justin Trudeau much of a chance.

Brazeau, the beefy black belt, was favoured three-to-one on gambling sites. Most pre-fight conversations seemed to turn on just how badly, protective headgear aside, Trudeau was going to get hurt.

This speculation was usually expressed, depending on temperament and political alignment, with undertones of either concern or glee. In the spirit of strict non-partisanship, I was gleefully concerned.

After a two-budget week in which politicos bludgeoned each other and us with talking points, it was nice to see a couple of them insert some yap-stopping mouthguards for a couple of minutes and get it on.

It was great showbiz, from Brazeau's taunts before the match to his entrance on fight night to the chugging nu-metal of Disturbed's tune *Down With The Sickness*. In contrast to that testosterone overdose, Trudeau made his appearance to K'naan's *Wavin' Flag*, which seemed almost comical in its Ned Flanders-esque positivity.

Early on, the fight played out much as expected, with an aggressive Brazeau intent on bringing the pain he had promised Trudeau in so many WWE-style rants leading up to the fight. But by the time the fight was stopped in the third round, reach and endurance had come into play, and Brazeau had been intensively schooled.

"I thought I had him there for the first 30 seconds," Brazeau said, sporting the beginnings of a shiner under his right eye. "I saw his eyes roll back and I tried to give him a heck of a right cross and I missed and I went into the ropes, which gave him the opportunity to go back. I tried to put a little too much power in my punch, and I lost a little bit of wind there. I think that's why I lost the fight."

Today, Brazeau, per the terms of a side bet, will undergo a haircut and don a hockey jersey in Liberal colours.

"Hair grows back, but ... a picture of myself in a Liberal jersey — yeah, that's gonna sting more than losing this boxing match tonight," he groaned. He's already talking a rematch for next year.

Trudeau, being a politician, could not resist finding a larger narrative in the battle (admittedly, reporters, being reporters, were egging him on to do just that).

"I proved that a Liberal can take a punch. I proved that we're not people who can be counted out even though we seem nicer, and a little more touchy-feely," he said. "We don't trash talk as much and we don't go negative, but we can hit really hard and we can take anything they give at us, because the heart pushes further than anything else."

Now, my boxing knowledge is limited, but I find it difficult to imagine winning an actual fight without going a wee bit negative on one's opponent, and Trudeau seemed to me to do a lot more work on Brazeau with his hands than his heart, but this is all beside the point. The mantra of the night was that everybody won.

Organizers said the night's take exceeded \$230,000 for the Ottawa Regional Cancer Foundation. And we're just getting started as the Canadian Cancer Society breaks out the daffodils for a month-long assault on the disease.



Conservative Senator Patrick Brazeau and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research. FRED CHARTRAND/THE CANADIAN PRESS

Global awareness looks bright



MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

Asong for action

- The new Earth Hour Anthem, *When the Lights Go Down*, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

Brothers Dubé take their music — and their message — to Haiti to film a documentary

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Forget the Doobie Brothers — Canada's capital has the Brothers Dubé.

Like a lot of young people, they wanted to be rock stars.

But in the course of forming their own band, the tween brothers also became activists. The musical stylings of Liam, 14, Jan, 13, and Quinn, 11, caught the ear of Arcade Fire and Sean Paul. Now, the Brothers Dubé rock out at regular gigs, once in a stadium of 20,000 — always past curfew. Best of all, they're using their celebrity status for a good cause. They've raised more than \$140,000 for chil-

dren left orphaned after Haiti's 2010 earthquake. On April 3, the brothers will visit Haiti to film a documentary. Liam says they wanted to raise money and awareness "to show people where the money goes and to get this message out to schools." For his part, Quinn is most nervous about the Haitian mosquitoes: "They carry some pretty serious bites." As the band's website cheekily observes, the Brothers Dubé are

quite accomplished for a group with a combined age under 40. "The younger you are, the more adults take notice," Jan muses.

CRAIG AND MARC KIELBURGER

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SCENE

Box office

Fans still eating up Hunger Games

The Hunger Games is still the first item on the menu for movie fans. The blockbuster took in \$61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put The Hunger Games well ahead of Sam Worthington's action sequel Wrath of the Titans, which opened in second place with \$34.2 million. That's far below the \$61.2 million opening of its predecessor, Clash of the Titans, two years ago. Julia Roberts' comic Snow White reinvented Mirror Mirror debuted at No. 3 with \$19 million. Roberts plays the wicked queen opposite Lily Collins as Snow White. Starring Jennifer Lawrence as a teen force to compete in a televised death match, The Hunger Games lifted its domestic total to \$251 million after just 10 days.

THE ASSOCIATED PRESS

On the web



For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have a winning weekend in Ottawa with three trophies each at the 2012 Juno Awards



JOE LOFARO
Metro in Ottawa

Feist and Saskatchewan band The Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, The Sheepdogs won single of the year for their hit I Don't Know. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour, deadmau5, Drake and Michael Bublé.

Before the show started, some of the nominees graced the red carpet outside the arena in chilly temperatures. Feist, Lights, MonkeyJunk, Dan Ma-



Dallas Green accepts his award for songwriter of the year on Sunday at the Junos. FRED CHARTRAND/THE CANADIAN PRESS

nagan, Nickelback and Hedley greeted shrieking fans. Teen heartthrob Justin Bieber, who was a no-show, disappointed many of the fans who queued outside the arena hours before the broadcast started. Toronto rapper Drake also did not attend.

Host William Shatner opened up the show with a tongue-in-cheek monologue

poking fun at artists' names. "It's good to be back in Ottawa the home of the Ottawa Senators and the home of the Stanley Cup contenders. Of course I'm from Montreal, so, I mean, who cares?" said Shatner.

The first award of the night went to Dallas Green of City and Colour for songwriter of the year. Nine performances kept thousands of screaming

fans jumping out of their seats in the transformed arena. Nickelback was first to light up the stage with a hard, pyrotechnical performance. The band came in with three nominations but went home empty handed.

Also up for a trio of awards was electronic music producer deadmau5. Like Nickelback, he left the weekend empty-handed.

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- **Juno fan choice.** Justin Bieber
- **Single of the year.** I don't know — The Sheepdogs
- **Album of the year.** Christmas — Michael Bublé
- **Artist of the year.** Feist
- **New artist of the year.** Dan Mangan
- **Songwriter of the year.** Dallas Green
- **Dance recording of the year.** Hello — Martin Solveig & Dragonette
- **Group of the year.** Arkells
- **New group of the year.** The Sheepdogs
- **Country album of the year.** Roots and Wings — Terri Clark
- **Pop album of the year.** Storms — Hedley
- **Rock album of the year.** Learn & Burn — The Sheepdogs
- **Alternative album of the year.** Oh Fortune — Dan Mangan
- **Rap recording of the year.** Take Care — Drake
- **Adult alternative album of the year.** Metals — Feist
- **Blues album of the year.** To Behold — MonkeyJunk
- **International album of the year.** 21 — Adele



Electronic musician Lights was the first artist to perform at Saturday's non-televised Juno gala and awards dinner. SEAN KILPATRICK/THE CANADIAN PRESS

JOE LOFARO
scene@metronews.ca

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards.

The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Electronic musician LIGHTS was first to perform at the event, playing Where The Fence Is Low, from her new album Siberia.

Jian Ghomeshi, host of the

Q on CBC, hosted the gala and slipped in a few jokes on stage. He didn't shy away from dropping the F-bomb twice, either.

Thirty-four awards were presented in rapid-fire succession with performances spread throughout the night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk.

Some winners from Saturday were: The Sheepdogs for new group of the year; Arkells for group of the year; Hedley's Storms for pop album of the year; and KENmode's Venerable for metal/hard music album of the year. Drake won rap recording of the year for Take Care.

Big winners

Sheepdogs rock the Junos with wins

Shaggy-haired Saskatoon southern-rock throwbacks The Sheepdogs were double winners at an upset-laden Juno Awards gala on Saturday where the bulk of the prizes were handed out. At a dinner ceremony in Ottawa where 34 of 41 trophies

were distributed ahead of Sunday's TV broadcast, The Sheepdogs claimed trophies for new group of the year and rock album of the year. On Sunday at the televised Juno awards, they also took single of the year. The group was on tour in Australia with John Fogerty, but tweeted their delight about the pair of Saturday awards: "Very excited. Is 8 a.m. in Perth too early to start celebratory drinking?"

THE CANADIAN PRESS



Saskatoon's Sheepdogs took home new group of the year and rock album of the year at the Junos.

HANDOUT

Quoted

"It's going to be a crazy night ... not Vancouver crazy. Let's keep the cars right-side up here."

Juno Awards host William Shatner, greeting the audience gathered at Scotiabank Place in Ottawa on Sunday for the show.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Morning shows heat up this week



THE WORD
Dorothy Robinson
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's

guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

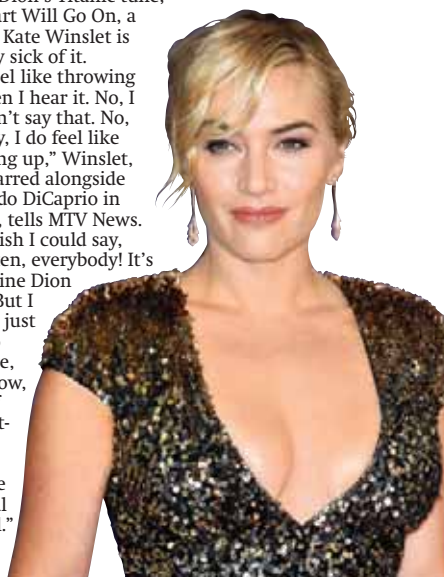
Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



Gaga's tame birthday night

Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class studio.

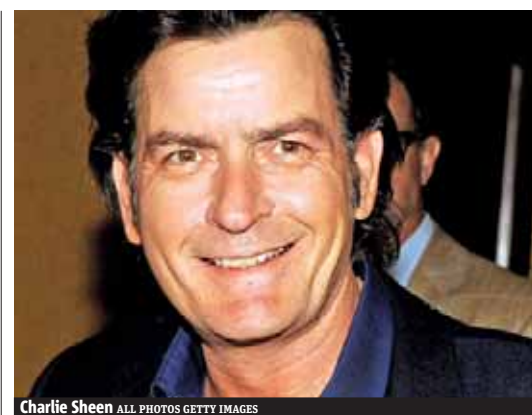
"She requested (Bruce Springsteen's) Thunder Road because it's one of her favourite songs. And as for the location of the celebratory dinner: home.

"It was just a small



Lady Gaga

thing with her family," says the source.
"Her mother cooked."



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the

Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

"I couldn't have that end on that note."

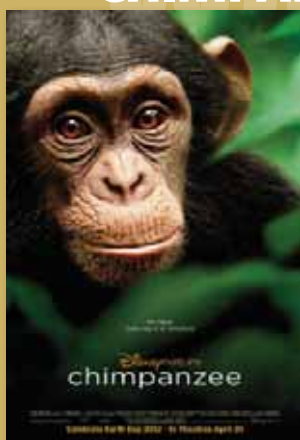
Lohan celebrates freedom via partying

Despite advice from a judge that she should probably stop partying, Lindsay Lohan celebrated the end of her formal probation by throwing a little get-together at the Chateau Marmont, according to Radar Online.

"Lindsay's guests ate paella and watched Elizabeth Taylor's Who's Afraid Of Virginia Woolf? Lindsay

was in an extremely good mood and grateful to be off of formal probation," a source says. "The party went until around 2 a.m. Alcohol was being served in moderation, but Lindsay wasn't seen drinking. It's just rather strange that Lindsay chose to have the party at the hotel, especially after what the judge said to her in court."

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3

LIFE

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The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU,
YUMMYMUMMYCLUB.CA

Support

Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit autism-speaks.org.

DELIA MACPHERSON, METRO

On the Web



P.E.I. school kids play Fath-ers of Confederation, win national contest.

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly

tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ),
YUMMYMUMMYCLUB.CA



Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to

each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON,
YUMMYMUMMYCLUB.CA

Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

CANDACE ALPER
yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995.amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the

Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- **Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- **Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- **Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

spelling and added a (silent) H. I'm tired of spelling it for people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some



Giving your child a unique name can pose problems. ISTOCK

things that you can do:

Use your child's middle name or initials.

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was al-

ways called "Smiley" because she smiled so much. She shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could

be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Easter alternatives to those chocolate eggs

Looking for a great alternative to candy and sweets for your children's Easter baskets? As a mom and member of Neighbourhood Toy Stores of Canada, I have some great ideas for kids of all ages.

Polished Semi Precious Stones (\$2 each)

Instead of chocolate eggs, how about some polished stones? They are lovely to look at and would fit nicely into an egg for a hunt. Bonus: There are no messy foil wrappers left all over the house.



Polished Stones

Worry People (\$2)

Worry People are six little hand-made dolls from Guatemala who, according to legend, will take your children's worries away while they sleep. At bedtime, you



Worry People

tell one secret worry to each doll and then put them under your pillow.

O Balls (\$9)

O Balls are perfect for babies, toddlers and those



O Balls

of us who have a hard time catching a ball. The unique design allows infants to hold onto them and toddlers to practice catching. Warning: It's highly addictive!



PlasmaCar

PlasmaCar (\$70)

These self-propelled cars are great fun for kids (and adults too!) Bonus: They are a great way to work off those Easter chocolate calories. ANGELA FIELD, YUMMYMUMMYCLUB.CA

Take a trip to Hogwarts

Love the books? Visit where author J.K. Rowling's little book was turned into a big blockbuster. They opened to visitors last weekend.

METRO WORLD NEWS



Potter fans can now visit the Great Hall. SUPPLIED



The animal crew

Ever wondered what happened to all those cute owls, cats and dogs? Most of them were rescues and have either remained at the nearby Training Centre or been sent to good homes. During filming, it took up to 12 weeks to train the cats and dogs. It took three months to teach an owl the same thing you could teach a raven in one day.



Aragog Acromantula

Do those creepy spiders from the Magic Forest crawl into your dreams at night? Well you can sleep tight; they were merely digital animations. As for Aragog, Hagrid's blind hairy spider with the 18-foot leg span, he was nothing but a massive prop fitted by hand with yak hair, sisal and old hemp.



Grounded brooms

Remember all that sky-high magical steering? Back down on Earth, that was nothing but a broom stuck to the end of a metal pole, bobbing up and down against a glowing green screen. The studio allows you to ride a broom, wind blowing in your face and all.



The Great Hall

Bummer: The majestic hall has no floating candles, like in the film. In fact, the floor is the room's only genuine prop, and was made from York Flagstone in order to resist 10 years worth of wear and tear. The ceiling was digitally animated with a changing sky for the films. The hall was also where the birthday parties were held for the cast and crew.



Dumbledore's office

Judging by all those heavy paperbacks covering the walls of his office, Dumbledore was a bookworm. False: the prop team used old phone directories and fitted them with fancy covers. There's also a dusty telescope. It was the most expensive prop ever made, and got zero screen time.

Geeky facts

- **\$4.** The cost of a butterbeer (a sickly sweet drink — we tried it).
- **The Goblet of Fire.** Was made from the trunk of a single English elm.
- **Hagrid's motorbike.** Was a 1960 Royal Enfield model modified with a larger seat.
- **17,000 wands.** The number of wands in the wand shop.
- **The tour guide.** Referred to Robert Pattinson as Robert Paterson. No No No.



Potions classroom

Some of the ingredients on the classroom shelves aren't as gross as you'd expect; plastic animals from Regent's Park Zoo gift shop and animal bones from a local butcher shop.

Hagrid's height

In order to enhance Hagrid's giant stature, the film crew would make him sit in a tall chair nearest to the camera. All others in the scene would sit in shorter chairs, furthest from the screen in order to appear smaller in size.



Harry's house

In the first film, producers hired a street in the nearby village of Bracknell to shoot the scenes set in Harry's house. By the second film, local residents had become greedy and started asking for more money in return for filming rights to their road. To slash costs, the crew built a fake road and house outside the studio. Problem solved.

Bracing for Hunger Games tourism



Fans of The Hunger Games are already turning up in North Carolina, seeking out places where the movie was shot, from old-growth forests to an abandoned mill town.

And the tourism industry is prepared to cash in on them, with everything from hotel packages and zip line tours, to re-enactments of scenes from the film and lessons in survival skills.

The movie, which opened last weekend, is based on a bestselling book about a post-apocalyptic world where teenagers compete to the death in fighting games.

It was filmed entirely in North Carolina, from the mountains, where fake trees were planted, filled with propane and blown up, to Charlotte, which served as the Capitol from the story — the seat of power where the teens are sent for training.

Also prominently featured in the movie is the Henry River Mill Village near Hildebran, about 115 kilometres from Asheville, which was the set-

ting for District 12, home of the three main characters, Katniss, Peeta and Gale.

Although the mill burned down in 1977, the 20-plus remaining buildings, including the company store, make it look like a ghost town.

The village is private property, and the local sheriff's department is working with private security guards to keep people away, concerned about liability if someone gets hurt.

But fans are already coming. "I'm getting too many visitors," said the property owner, Wade Shepherd, 83, who hasn't read The Hunger Games.

THE ASSOCIATED PRESS

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There ain't no mountain high enough to keep them from gliding toward glory

Passion at its peak.

Two high-performance athletes provide hospitality in the hills



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door.

Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch.

Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one thing he had to learn.

"Patience. When you go out of the start gate any



World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

along the river path." Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.

- Have perspective in your working life and prioritize the things that mean a lot to you.

- Your business will have more chance of success if you are happy.

- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.

- The first person you have to convince that you can be a champion is yourself.

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Homework not helpful?

Learning lethargy.

Research finds being bogged down by the books not beneficial

CASSANDRA
GARRISON

Metro World News in New York

All that time you spent doing tedious homework assignments back in your school days was all for naught.

Turns out, if a recent study is to be believed, it probably didn't help you get any smarter.

It might have even set you back.

Researchers at Sydney University in Australia found that too much homework can often have the



Kids may now have a reason to contest after-school study time. ISTOCK

opposite effect on students than intended.

Instead of enhancing their intellect, they become bored and unhappy, leading to little academic advancement.

"What the research shows is that, in countries where they spend more time on homework, the achievement results are lower," Dr. Richard Walker, from Sydney University's Education

Faculty, told The Telegraph.

The study found that 59 per cent of 10- and 11-year-olds do less than two hours of homework per week. About 22 per cent do three or four hours a week, and five per cent complete seven or more hours of homework per week.

"At the moment homework (is often) an add-on because parents want it," Walker added.

High school switch

Get back to work

- An exception to the study was high school students in grades 11 or 12, who proved to benefit from more than a few hours of homework each week.

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The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

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HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens

and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

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Adult
1 – 6



Mature Adult
7 – 10



Senior Plus
11+

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*vs IAMS Original or IAMS Adult.

TIPS TO PREVENT YOUR PET'S MESS

DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your

carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

- Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.
- Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The

faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

- Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.
- Installing a faucet in a mudroom or garage allows homeowners to clean

off their pets before bringing them into the house. Take a look at a few ideas at deltafaucet.ca. Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

- While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

— News Canada

FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY



Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

1. CALL AHEAD to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

2. PACK YOUR PET'S BED along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

3. ASK ABOUT A PET NOTIFICATION DOOR HANGER at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

4. KNOW YOUR PET'S WEIGHT Some hotels have weight restrictions and you may be asked to provide this information at check-in.

5. IF YOU HAVE TO LEAVE YOUR PET ALONE in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

— News Canada





HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the

high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

SERVING UP A HEALTHY & DELICIOUS DIET



IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
- Tailored Fiber blend including prebiotics and beet pulp for healthy digestion.
- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

Keep dogs playing strong with new Iams® Senior Plus.



Puppy
0 - 1



Adult
1 - 6



Mature Adult
7 - 10



Senior Plus
11+

Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.

*vs Iams Original or Iams Adult.

Let the greens season begin with a tangy Greek Salad



This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported

Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives.

Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOK-BOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDS-COOKS.CA.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

Pork Chop Suey with Noodles

1,341 calories, 81 g fat

In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.



Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.



Chicken Chop Suey with Noodles

819 calories, 40 gm fat

Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.



The green way to get your run on

A simple change can speak volumes. More and more companies creating eco-friendly running shoes

BEN KNIGHT
life@metronews.ca

Athletic shoes take a terrible pounding, from heat, cold, rain, snow — millions of hard, sharp impacts from the simple human acts of walking and running.

They need to be light, strong and incredibly durable. Is there any room for them to be eco-friendly, as well? Yes, says Jenine LaFayette, marketing manager for Brooks Canada. She's talking about a cutting-edge sneaker called Green Silence, which the company introduced in 2009.

"This shoe has a lot fewer parts. There's less material, so it can biodegrade faster," she explains.

"The rubbers that are used are recycled. We also use bio-green adhesives and dyes. Our laces and reinforced webbing are all post-consumer recycled. We've looked at all the pieces of the shoe puzzle, and how we can make a dif-



If you burn through shoes like you're burning rubber, you might consider getting an eco-friendly pair. HANDOUT

ference in pulling the construction together."

The key breakthrough is a material called BioMoGo. It's a funny name, but there's a

serious purpose.

"BioMoGo midsoles biodegrade 50 times faster than the traditional midsole," LaFayette says.

"It's a shoe that's built to last. It has to be exposed to the right materials and conditions for it to biodegrade."

LaFayette laughs at the

suggestion that some runners' lockers might actually simulate conditions within a landfill.

"BioMoGo material has

By the numbers

\$1.6B

Total sales of athletic shoes in Canada in 2010, according to Statistics Canada — up from \$1.1 billion in 2004.

got a compound that makes it delicious to the bugs within the landfill environment. So unless you've got those types of enzymes at the bottom of your locker — which hopefully you don't — it won't react the same way."

Brooks is far from being the only major shoe manufacturer doing this.

The Adidas line of Samba shoes features significant green components. Nike has even rebuilt and repositioned its popular Air Jordans to be environmentally friendly.

And the stakes are huge. Statistics Canada reports Canadians spent a staggering \$1.6 billion on athletic footwear in 2010.

"Consumer response has been great," she notes.

"A lot of consumers are really looking for that green solution when it comes to footwear. As far as consumer performance, we just had someone win the 5K Around the Bay race in Hamilton, Ont., wearing Green Silence."

4

SPORTS

Quoted

"Of course if I keep skating well and keep getting the same results that I had this season, I'm going to go into the Olympics with the same expectations, like I should live up to (the expectation of) winning the Olympics.... Now I have a little taste of it and know how to deal with it."

Canada's Patrick Chan after winning gold on Saturday at the world figure skating championships in Nice, France. The fact the 21-year-old triumphed over competition he called the most difficult of his career is both a major victory and a huge lesson learned, he said, less than two years out from the 2014 Sochi Olympics.

On the web



The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story.



Milan Michalek brings the puck around the front of the net to score a goal past New York Islanders goalie Al Montoya Sunday in Uniondale, N.Y. SETH WENIG/THE ASSOCIATED PRESS

Sens punch their ticket to playoffs

NHL. Senators earn post-season berth with 5-1 win over Islanders

No captain Daniel Alfredsson. No scoring leader Jason Spezza. No problem against the New York Islanders.

Kyle Turris scored twice and had a pair of assists, Milan Michalek added his team-leading 35th goal and the Ottawa Senators clinched a post-season berth with a 5-1 victory over the Islanders on Sunday.

The Senators won their fourth straight game to move four points behind idle New Jersey for sixth

place in the Eastern Conference. Alfredsson was absent because of the flu and Spezza — pacing Ottawa with 82 points — was with his wife for the birth of their second daughter. The absences didn't faze their teammates.

"We knew we were missing two key guys but we played a very solid and focused team game," said Senators coach Paul MacLean, who reached the post-season in his first season as an NHL head coach. "The leadership on our team did a tremendous job all season to pull us up by our bootstraps and create a winning foundation."

The Islanders lost their second straight at home

after two rousing wins over Pittsburgh to reach the .500 mark. New York was eliminated from playoff contention for a fifth straight season Saturday with a 6-3 home loss to Boston.

"There was no urgency in our game tonight," Islanders coach Jack Capuano said.

"What a great feeling this is, to know we are in the playoffs," said the 22-year-old Turris, the third overall pick by the Coyotes in 2007. "It was fun skating on a line with Milan tonight and doing so well. Definitely, this is a satisfying night for me."

Ottawa dropped a 2-1 overtime decision at home to the Islanders on Feb. 3, but has outscored them 16-3

This is the year

- The Senators, with 92 points, are four ahead of eighth-place Washington. Both teams have three games left before the NHL's regular season ends Saturday.
- The Senators missed the playoffs last season and haven't advanced past the first round since they reached the 2007 Stanley Cup finals, losing to Anaheim in five games.

in three meetings since — all victories.

THE ASSOCIATED PRESS

MLB

Mended Johan Santana is Mets opening-day starter

After a spring full of injury-related news, finally some relief for the New York Mets: Johan Santana will start on opening day.

The left-hander, returning from shoulder surgery performed in September 2010, met with manager Terry Collins Sunday. Collins announced Santana was set to pitch against the Atlanta Braves.

"It means that everything we've done from surgery to today has paid off," Santana said.

THE ASSOCIATED PRESS

ATP tennis. Djokovic dominates Murray as he picks up another title

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him.

He improved to 20-2 this year and 90-8 since the start of 2011. He has won five Grand Slam titles, including the past three in a row.

Golf

Hunter captures Houston Open



Hunter Mahan on Sunday

MATT SULLIVAN/GETTY IMAGES

Hunter Mahan shot a 1-under 71 on Sunday to win the Houston Open, edging Carl Pettersson by one stroke.

Mahan, who won the Match Play Championship in February, is the first two-time champion on the PGA Tour this year. The victory moved Mahan up to No. 4 in the world rankings, the first time he's ever been the highest-ranked American.

"That's a pretty surreal thing to think about," Mahan said. "It shows me what I can do, shows me what I'm capable of."

THE ASSOCIATED PRESS

NASCAR

Newman gets win in wild finish

Ryan Newman needed help and was running out of time. Finally, Clint Bowyer provided an opening with two laps to go at Martinsville Speedway in Virginia.

Bowyer's aggressive move took out race leaders Jeff Gordon and Jimmie Johnson entering the first turn, allowing Newman to slide into the lead, and he held off A.J. Allmendinger and Dale Earnhardt Jr. on another restart for his first win in 23 races.

THE ASSOCIATED PRESS

Curling. Glenn Howard off to perfect start at world men's championship

Canada's Glenn Howard scored early and often in a 9-2 blow-out win over Germany's John Jahr at the world men's curling championship.

The veteran Ontario skip needed only six ends to complete the victory Sunday morning at the St. Jakobshalle. Howard improved to 3-0 later with an 8-7 win over Heath McCormick of the United States.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good

Tournament schedule

- Round-robin play continues through Thursday night and playoff games are scheduled for next weekend.

things will happen," Howard said. "I was pleased. We played really well that game."

Howard said he and teammates Wayne Middaugh, Brent Laing and Craig Savill are feeling good after the opening weekend. THE CANADIAN PRESS



Novak Djokovic celebrates on Sunday.

MATTHEW STOCKMAN/GETTY IMAGES

Now begins the clay season culminating with the French Open, the only major event Djokovic has yet to win.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	78	50	21	2	5	217	173	107	27-10-0-2	23-11-2-3	7-3-0-0	W4
dx-Boston	78	46	28	1	3	257	192	96	23-13-1-2	23-15-0-1	6-3-0-1	W1
d-Florida	79	37	25	6	11	193	217	91	20-9-1-9	17-16-5-2	4-2-1-3	L3
x-Pittsburgh	79	48	25	3	3	268	214	102	27-10-2-0	21-15-1-3	5-4-1-0	L1
x-Philadelphia	79	46	24	2	7	257	222	101	21-12-1-5	25-12-1-2	6-2-0-2	W1
x-New Jersey	79	45	28	2	4	219	205	96	22-13-0-4	23-15-2-0	5-4-0-1	W3
x-Ottawa	79	41	28	6	4	245	231	92	20-15-2-2	21-13-4-2	5-3-0-2	W4
Washington	79	40	31	4	4	212	223	88	25-11-2-2	15-20-2-2	5-3-1-1	W2
Buffalo	79	38	31	4	6	208	219	86	20-12-3-5	18-19-1-1	6-2-0-2	L2
Winnipeg	79	36	34	5	4	213	233	81	23-13-1-3	18-16-0-6	4-3-0-3	L1
Tampa Bay	78	36	35	4	3	223	268	79	24-14-1-1	12-21-3-2	5-5-0-0	W1
Carolina	79	31	32	10	6	208	237	78	19-14-2-5	12-18-8-1	5-5-0-0	L2
Toronto	79	34	36	4	5	222	252	77	17-16-3-4	17-20-1-1	4-5-0-1	W1
NY Islanders	79	33	35	7	4	194	241	77	16-18-5-1	17-17-3-2	6-3-0-1	L2
Montreal	79	29	35	4	11	202	221	73	14-15-2-8	15-20-2-3	2-3-3-2	L4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	79	49	21	2	7	239	191	107	25-10-0-4	24-11-3-2	7-2-1-0	W6
dx-St. Louis	79	48	21	1	9	204	156	106	30-5-1-3	18-16-0-6	4-3-0-3	L2
d-Los Angeles	79	39	27	5	8	185	170	91	21-14-0-4	18-13-5-4	8-2-0-0	L1
x-Detroit	79	47	27	3	2	242	196	99	31-6-1-1	16-21-2-1	3-5-2-0	W1
x-Nashville	79	45	26	3	5	227	208	98	24-10-2-3	21-16-1-2	4-5-0-1	L1
x-Chicago	79	44	26	4	5	240	229	97	27-8-1-4	17-18-3-1	7-1-0-2	W2
Phoenix	79	39	27	3	10	206	202	91	21-13-2-4	18-14-1-6	5-2-0-3	W2
San Jose	79	40	29	5	5	214	201	90	25-12-2-1	15-17-3-4	6-4-0-0	W1
Dallas	79	42	32	1	4	207	212	89	22-14-0-3	20-18-1-1	4-6-0-0	L2
Colorado	80	41	33	4	2	205	209	88	22-15-1-1	19-18-3-1	5-3-1-1	W1
Calgary	80	35	29	7	9	194	222	86	21-12-1-5	14-17-6-4	2-3-3-2	L3
Anaheim	78	33	34	5	6	194	217	77	21-17-2-0	12-17-3-6	4-5-1-0	L1
Minnesota	78	33	35	2	8	168	215	76	19-16-1-3	14-19-1-5	4-6-0-0	W2
Edmonton	78	31	38	3	6	208	230	71	18-17-2-3	13-21-1-3	5-3-1-1	L2
Columbus	79	27	45	2	5	190	255	61	16-21-1-2	11-24-1-3	5-5-0-0	W3

x — clinched playoff berth; d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's results

Ottawa 5 N.Y. Islanders 1

Philadelphia 6 Pittsburgh 4

Detroit 2 Florida 1 (SO)

Boston at N.Y. Rangers

Minnesota at Chicago

Edmonton at Anaheim

Saturday's results

Toronto 4 Buffalo 3

Vancouver 3 Calgary 2 (OT)

Ottawa 4 Philadelphia 3 (SO)

Tampa Bay 3 Winnipeg 2 (OT)

Washington 3 Montreal 2 (SO)

Boston 6 N.Y. Islanders 3

New Jersey 5 Carolina 0

Chicago 5 Nashville 4

Columbus 5 St. Louis 2

Minnesota 4 Los Angeles 3 (SO)

Phoenix 4 Anaheim 0

San Jose 3 Dallas 0

Tonight's games

Washington at Tampa Bay, 7 p.m.

Edmonton at Los Angeles, 10:30 p.m.

Tomorrow's games

Toronto at Buffalo, 7 p.m.

N.Y. Islanders at New Jersey, 7 p.m.

N.Y. Rangers at Philadelphia, 7 p.m.

Pittsburgh at Boston, 7:30 p.m.

Carolina at Ottawa, 7:30 p.m.

Winnipeg at Florida, 7:30 p.m.

Minnesota at Nashville, 8 p.m.

San Jose at Dallas, 8:30 p.m.

Anaheim at Vancouver, 10 p.m.

Columbus at Phoenix, 10 p.m.

SENATORS 5, ISLANDERS 1

First Period

1. N.Y. Islanders, Streit 7 (Tavares, Moulson) 7:55

2. Ottawa, Turris 11 (Michalek, Gonchar) 16:40

Penalties — Cowen Ott (illegal check to head minor) 2:10, Neil Ott, Haley NYI (fighting) 8:26, Michalek Ott (holding) 9:32.

Second Period

3. Ottawa, Gonchar 5 (Michalek, Turris) 3:09 (pp)

4. Ottawa, Michalek 35 (Turris, Butler) 6:00

5. Ottawa, Foligno 15 (Winchester, Greening) 13:21

Penalties — Tavares NYI (hooking) 1:50, Baille NYI (slashing) 19:14.

Third Period

6. Ottawa, Turris 12 (Foligno, Karlsson) 7:00 (pp)

Penalties — Haley NYI (roughing) 5:13, Gonchar Ott (interference) 17:24.

Shots on goal

Ottawa 13 10 9 32

N.Y. Islanders 9 9 12 30

Goal — Ottawa: Anderson (W,33-20-6); N.Y. Islanders: Montoya (L,8-9-5). Power plays (goals-chances) — Ottawa: 2-3; NYI: 0-3. Att. — 14,210 (16,234) at N.Y. Islanders.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	48	54	102
Stamkos, TB	56	36	92
Giroux, Pha	27	59	86
Spezza, Ott	32	50	82
Kovalchuk, NJ	34	46	80
Neal, Pgh	38	41	79
Kessel, Tor	37	41	78
H.Sedin, Vcr	13	65	78
Tavares, NYI	31	46	77
Karlsson, Ott	19	58	77
Hossa, Chi	29	47	76
Ra.Whitney, Phx	24	51	75
Eberle, Edm	33	41	74

Yesterday's games not included

TENNIS

ATP-WTA

SONY ERICSSON OPEN At Key Biscayne, Fla. Yesterday's result Men's Singles — Final Novak Djokovic (1), Serbia, def. Andy Murray (4), Britain, 6-1, 7-6 (5). Saturday's results Women's Singles — Final Agnieszka Radwanska (5), Poland, def. Maria Sharapova (2), Russia, 7-5, 6-4. Men's Doubles — Final Leander Paes, India, & Radek Stepanek (7), Czech Rep., def. Max Mirnyi, Belarus, & Daniel Nestor (2), Toronto, 3-6, 6-1, 10-8 tiebreak.
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FIGURE SKATING

WORLD CHAMPIONSHIPS

At Nice, France Saturday's results MEN 1. Patrick Chan, Toronto, 176.70 points. 2. Yuzuru Hanyu, Japan, 173.99. 3. Daisuke Takahashi, Japan, 173.94. Also 13. Kevin Reynolds, Coquitlam, B.C., 144.25. Final Standings 1. Patrick Chan, Toronto, 266.11 points. 2. Daisuke Takahashi, Japan, 259.66. 3. Yuzuru Hanyu, Japan, 251.06.
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WOMEN 1. Carolina Kostner, Italy, 128.94 points. 2. Akiko Suzuki, Japan, 121.30. 3. Ashley Wagner, United States, 120.35. Also 16. Amelie Lacoste, Delson, Que., 138.60. Final Standings 1. Carolina Kostner, Italy, 189.94. 2. Alena Leonova, Russia, 184.28. 3. Akiko Suzuki, Japan, 180.68.
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CURLING

MEN'S WORLD CHAMPIONSHIP

At Basel, Switzerland ROUND-ROBIN STANDINGS Country (skip) Canada (G.Howard) Sweden (Edin) China (Liu) Denmark (Stjerne) France (Dufour) Scotland (Brewster) Czech Rep. (J.Snitil) Germany (Jahr) New Zealand (de Boer) Norway (Ulsrud) Switzerland (Mueller) U.S. (McCormick) Yesterday's results Third Draw Canada 8 Germany 2 France 8 U.S. 6 Fourth Draw Czech Republic 5 Switzerland 3 Denmark 9 Scotland 7 New Zealand 7 Norway 4 Sweden 7 China 6 Fifth Draw Canada 8 U.S. 7 France 6 Germany 5 China 7 Switzerland 4 Sweden 8 Czech Republic 5
--

LACROSSE

NLL

EAST DIVISION							
	GP	W	L	Pct.	GF	GA	GB
Philadelphia	12	7	5	.583	143	153	—
Toronto	12	6	6	.500	146	145	1
Rochester	12	5	7	.417	145	149	2
Buffalo	12	4	8	.333	142	161	3
WEST DIVISION							
	GP	W	L	Pct.	GF	GA	GB
x-Colorado	13	10	3	.769	174	159	—
x-Calgary	13	10	3	.769	180	136	—
Minnesota	12	5	7	.417	144	149	4½
Edmonton	11	4	7	.364	117	123	5
Washington	13	4	9	.308	141	157	6
x — Clinched playoff berth.							
WEEK 13							
Saturday's results							
Toronto 15 Buffalo 9							
Calgary 13 Washington 11							
Edmonton 9 Minnesota 8 (OT)							
Colorado 16 Rochester 12							
WEEK 14							
Friday's games							
Minnesota at Philadelphia, 7 p.m.							
Rochester at Calgary, 9 p.m.							
Saturday, April 7							
Edmonton at Toronto, 7 p.m.							
Philadelphia at Buffalo, 7:30 p.m.							

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	3	3	0	0	6	1	9
New York	4	2	2	0	10	7	6
Columbus	3	2	1	0	3	2	6
Houston	3	2	1	0	2	2	6
New England	4	2	2	0	4	5	6
Chicago	3	1	1	1	2	3	4
D.C. United	4	1	2	1	5	5	4
Philadelphia	4	0	3	1	2	6	1
Montreal	4	0	3	1	3	10	1
Toronto	3	0	3	0	1	7	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Salt Lake	4	3	1	0	8	4	9
San Jose	4	3	1	0	5	1	9
Colorado	4	3	1	0	7	5	9
Vancouver	4	2	0	2	3	0	8
Seattle	3	2	1	0	5	2	6
Portland	4	1	2	1	6	6	4
Dallas	4	1	2	1	5	8	4
Los Angeles	3	1	2	0	5	7	3
Chivas USA	3	1	2	0	1	2	3

Note: Three points for a win, one for a tie.
Last night's results
Colorado 2 Chicago 0
Kansas City at Chivas USA
Saturday's results
Vancouver 0 Philadelphia 0
Columbus 1 Toronto 0
New York 5 Montreal 2
Salt Lake 3 Portland 2
San Jose 1 Seattle 0
New England 3 Los Angeles 1
Wednesday's game
Montreal at Salt Lake, 9 p.m.
Thursday's game
New England at Dallas, 8:30 p.m.
Saturday, April 7
Toronto at Montreal, 12 p.m.
New York at Columbus, 3 p.m.
Los Angeles at Kansas City, 4 p.m.
Vancouver at San Jose, 7 p.m.
Seattle at D.C. United, 7:30 p.m.
Colorado at Real Salt Lake, 9 p.m.
Chivas USA at Portland, 10:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE			
	W	L	Pct
Toronto	23	6	.793
Oakland	14	5	.737
Detroit	19	7	.731
Seattle	14	8	.636
Los Angeles	17	11	.607
New York	16	11	.593
Minnesota	18	14	.563
Boston	14	11	.560
Kansas City	15	15	.500
Baltimore	11	13	.458
Chicago	13	17	.433
Texas	12	17	.414
Tampa Bay	9	16	.360
Cleveland	7	21	.250

NATIONAL LEAGUE

	W	L	Pct
St. Louis	16	9	.640
San Diego	19	15	.559
Colorado	16	13	.552
San Francisco	16	14	.533
Los Angeles	14	13	.519
Milwaukee	14	14	.500
Chicago	15	16	.484
Houston	14	16	.467
Miami	11	13	.458
Cincinnati	14	17	.452
Washington	12	15	.444
Arizona	13	17	.433
Philadelphia	12	16	.429
Atlanta	10	17	.370
Pittsburgh	9	18	.333
New York	7	19	.269

Note: Split-squad games count in the standings; games against non-MLB teams do not.

Yesterday's results Pittsburgh 3 Toronto 1 Tampa Bay 8 Baltimore 5 Atlanta 7 Philadelphia 7 Washington 2 St. Louis 1 N.Y. Yankees 10 Miami 8 Detroit (ss) 9 N.Y. Mets 2 Boston 5 Minnesota 1 Detroit (ss) 4 Houston 2 Arizona 6 L.A. Dodgers 2 Texas 5 San Diego 3 Chicago Cubs 8 L.A. Angels 1 Chicago White Sox 13 Cincinnati 10 Milwaukee 7 San Francisco 4 Seattle 6 Kansas City 4 Cleveland 12 Colorado 10 Saturday's results Toronto 8 Philadelphia 5 Texas 7 Cleveland 4 Minnesota 15 Pittsburgh (ss) 3 Miami 6 N.Y. Mets 5 St. Louis 6 Washington 2 Arizona (ss) 10 Kansas City 3 Colorado 3 Chicago White Sox 1 Tampa Bay 7 Boston 7 Milwaukee 10 San Diego (ss) 7 Chicago Cubs 3 L.A. Angels 3 (10 inn.) Cincinnati 10 San Francisco 2 Seattle 6 San Diego (ss) 1 Pittsburgh (ss) 6 Baltimore 6 N.Y. Yankees 11 Houston 9 L.A. Dodgers 9 Arizona (ss) 3 Detroit 2 Atlanta 1 (7 inn.) Today's games N.Y. Mets vs. Atlanta at Kissimmee, Fla., noon Toronto vs. Detroit at Lakeland, Fla., 1:05 p.m. Minn. vs. TB at Port Charlotte, Fla., 1:05 p.m. Wash. vs. Bos. at Fort Myers, Fla., 1:35 p.m. Cin. vs. Cleve. at Goodyear, Ariz., 3:05 p.m. Milw. vs. CWS at Glendale, Ariz., 3:05 p.m. Colorado vs. Seattle at Peoria, Ariz., 4:05 p.m. Chi. Cubs vs. Ariz. at Scottsdale, Ariz., 4:10 p.m. Pittsburgh at Philadelphia, 7:05 p.m. N.Y. Yankees at Miami, 7:10 p.m. LAD vs. L.A. Angels at Tempe, Ariz., 10:05 p.m. Oakland at San Francisco, 10:35 p.m.
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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	42	12	.778	—
d-Miami	37	14	.725	3½
Orlando	32	21	.604	9½
d-Boston	30	22	.577	11
Indiana	30	21	.588	10½
Atlanta	31	23	.574	11
Philadelphia	29	23	.558	12
New York	27	26	.509	14½
Milwaukee	24	28	.462	17
Detroit	19	33	.365	22
New Jersey	19	35	.352	23
Cleveland	17	33	.340	23
Toronto	18	35	.340	23
Washington	12	40	.231	29
Charlotte	7	43	.140	33

WESTERN CONFERENCE

	W	L	Pct	GB
x-Oklahoma City	40	12	.769	—
d-San Antonio	36	14	.720	3
d-L.A. Lakers	32	20	.615	8
L.A. Clippers	31	21	.596	9
Dallas	30	23	.566	10½
Memphis	28	22	.560	11
Denver	29	24	.547	11½
Houston	28	24	.538	12
Utah	27	26	.509	13½
Phoenix	25	26	.490	14½
Minnesota	25	28	.472	15½
Portland	24	28	.462	16
Golden State	20	30	.400	19
Sacramento	18	34	.346	22
New Orleans	13	39	.250	27

Rematch for national glory

NCAA. Kentucky, Kansas championship game is familiar matchup for Wildcats' coach Calipari

Well, this matchup is going to look familiar.

John Calipari and his Kentucky juggernaut will face Kansas for the national championship on Monday night. That would be the same school that beat Memphis in overtime for the NCAA title in 2008, back when Calipari was coaching the Tigers.

It also would be the same Kansas team that the Wildcats beat back in November.

"We're worried about us playing at our best," Calipari said after Kentucky held off pesky Louisville 69-61 in the first semifinal Saturday. "We did not play at our best tonight. We played good, but that wasn't our best.... So maybe Monday is our best. We're just worried about us."

Top-seeded Kentucky (37-2) is back in the title game for

Celebrate with fire

Riot police used pepper spray in small amounts for crowd control as thousands of rowdy fans swarmed into the streets near the University of Kentucky campus, overturning cars and lighting couches ablaze after a victory over cross-state rival Louisville in a Final Four matchup.

- Lexington police spokeswoman Sherelle Roberts said 150 officers deployed on the streets at one point to quell what she called "a very dangerous situation with the fires and the violence" that dragged on for hours.

the first time since 1998, when it won its seventh NCAA championship.

Down 13 in the first half, resilient Kansas (32-6) needed a furious comeback against Ohio State to reach the championship game, where it will play for its fourth NCAA title.

"It's a dream to play the best team in the country, who



Anthony Davis of Kentucky celebrates the Wildcats' 69-61 win over Louisville on Saturday in New Orleans. RONALD MARTINEZ/GETTY IMAGES FILE

is up until now, hands down, the most consistent," Kansas coach Bill Self said. "It's a thrill. And I think it's even more of a thrill for us, because I don't think anybody thought we could get here."

That 2008 squad Calipari had in Memphis was stocked with talent, led by future NBA

MVP Derrick Rose. But the Tigers missed four free throws down the stretch and blew a late nine-point lead in an overtime loss to Mario Chalmers and the Jayhawks.

These Wildcats, however, are in a totally different class. Anthony Davis has won just about every player of the year



Travis Releford celebrates the Jayhawks 64-62 win over the Ohio State Buckeyes on Saturday in New Orleans. JEFF GROSS/GETTY IMAGES FILE

award there is, and Louisville coach Rick Pitino likened him to Bill Russell after Saturday night's game.

The 19-year-old doesn't look like a freshman, and he doesn't play like one, recording his 20th double-double against Louisville with 18 points and 14 rebounds. He

missed just one of his eight shots, and also had five blocks and a steal.

"Anthony Davis is as fine a basketball player as there is," Pitino said.

Then there are the rest of the Wildcats.

They shot a blistering 57 per cent Saturday and had two other players besides Davis in double figures. Darius Miller scored 13 points and Doron Lamb added 10. Michael Kidd-Gilchrist had nine in just 23 minutes due to foul trouble.

Few people would have expected the Jayhawks to seriously contend for a championship as they scuffled through the early part of the season. They were 7-3 midway through December and struggling to find an identity, but a team meeting helped Kansas find its focus, and the Jayhawks simply refuse to lose. They've lost just two games since Feb. 7, and keep eking out wins in the NCAA tournament.

"It's pretty cool to have the winningest program of all time and the second-winningest program of all time hooking up on Monday night," Self said. **THE ASSOCIATED PRESS**

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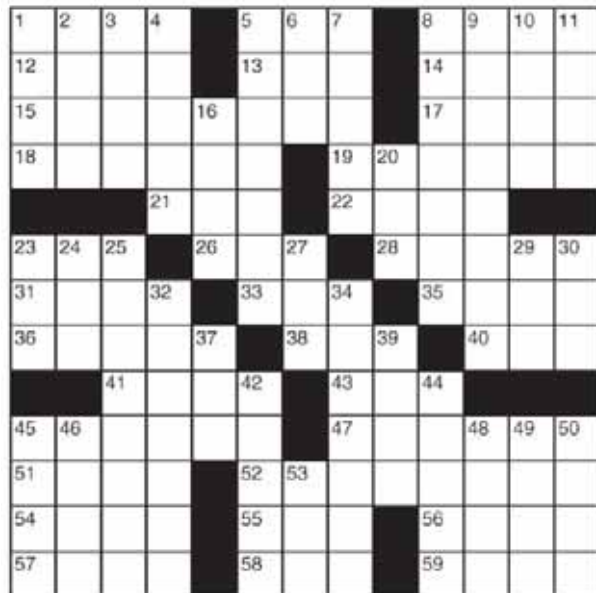
Crossword

Across

- 1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt accessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield commentaries
43 Be a couch potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confident

Down

- 1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon

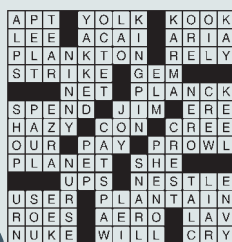


- song
9 Place of disfavor
10 "My Name Is —"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgenberger series
24 "My — Private Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked brutally
37 Pussycat's partner
39 Incubator noise

- 42 Passover dinner
44 Lawn
45 Quatrain rhyme scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Today

9°/-4°
Sunny

Tuesday

9°/1°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

♈ Aries | March 21 - April 20.

You don't have to make a big display of your emotions.

♉ Taurus | April 21 - May 21.

You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

♊ Gemini | May 22 - June 20.

You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

♋ Cancer | June 21 - July 22.

If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

♌ Leo | July 23 - Aug. 22.

A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

♍ Virgo | Aug. 23 - Sept. 22.

Don't dwell on the past today or you could miss out on a wonderful future.

♎ Libra | Sept. 23 - Oct. 22. Your rivals and enemies are not as tough as they look.

♏ Scorpio | Oct. 23 - Nov. 21.

Don't let other people drag you down with their negative attitudes today.

♐ Sagittarius | Nov. 22 - Dec. 21.

According to the planets a friend or relative has something

important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

♑ Capricorn | Dec. 22 - Jan 20.

You like a challenge but that is no reason to make life hard for yourself.

♒ Aquarius | Jan. 21 - Feb 18.

Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

♓ Pisces | Feb. 19 - March 20.

A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON

Send a kiss

- Sadiki.** I hope you get this message soon because I want everyone to know how much I love you and how I would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo

- You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtie!

- I did everything, expressed my feelings but in the end I feel like I didn't get anything accomplished. Through thick and thin I'm always there no matter how bad it is. I love you so much I know I told you a million times I really do. I'm just protecting you from all the stupidity that's around. I love you <3.. I'm Sorry.. sincerely, 625<3



Caption Contest

"Are you sure you don't want me to use a nail clipper?"
Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!



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12 FOCUS TITANIUM SE

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LOADED, LTHR, ROOF • 82266km
st:33463 • \$15,950 • bw:\$171*

10 MAZDA 3

LOADED, A/C, AUTO • 50876km
st:33096-A • \$14,380 • bw:\$119***

08 SILVERADO LS 4X4

LOADED, A/C, AUTO • 74005km
st:32149 • \$19,650 • bw:\$182**

07 TUCSON GLS

LOADED, A/C, AUTO • 76757km
st:33608 • \$11,870 • bw:\$127*

10 HONDA INSIGHT HYBRID

LOADED, A/C, AUTO • 53737km
st:31958-A • \$17,800 • bw:\$155***

10 IMPALA LT

LOADED, A/C, AUTO • 58836km
st:32452 • \$14,870 • bw:\$123***

08 NISSAN VERSA

LOADED, A/C, AUTO • 79141km
st:33535 • \$10,460 • bw:\$97**

11 CHRYSLER TOWN COUNTRY

STOW-N-GO, NAV, DVD • 15310km
st:33605 • \$28,950 • bw:\$228***

09 NISSAN XTERRA 4WD

LOADED, A/C, AUTO • 41466km
st:31671 • \$19,950 • bw:\$204**

08 ACURA TL

LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • \$17,980 • bw:\$167**

07 LEGACY AWD

LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • \$15,950 • bw:\$171*

08 PONTIAC VIBE

A/C, STD • 86574km
st:33272 • \$9,640 • bw:\$89**

10 CHRYSLER 300 TOURING

LOADED, A/C • 68262km
st:33504 • \$15,850 • bw:\$131***

08 KIA RONDO EX

LOADED, A/C, AUTO • 87121km
st:33324 • \$9,970 • bw:\$93**

10 KIA SOUL 4U

LOADED, A/C, ROOF, AUTO • 53986km
st:32895 • \$15,950 • bw:\$131***

07 NISSAN QUEST

LOADED, A/C, AUTO • 95995km
st:32409 • \$13,650 • bw:\$147*

08 HONDA ACCORD

LOADED, A/C, AUTO • 107112km
st:32664-A • \$13,750 • bw:\$128**

08 MAZDA B2300

A/C • 61594km
st:33422 • \$10,750 • bw:\$100**

09 NISSAN ROGUE

LOADED, A/C, AUTO • 60968km
st:32613-A • \$16,950 • bw:\$157**

08 PONTIAC TORRENT

LOADED, A/C, AUTO • 75537km
st:33159 • \$13,380 • bw:\$124**

07 HYUNDAI SANTA FE

LOADED, A/C, AUTO • 81806km
st:33289 • \$13,870 • bw:\$149*

08 CHEVROLET MALIBU LT

LOADED, A/C • 52016km
st:33345 • \$12,470 • bw:\$116**

08 MAZDA TRIBUTE 4WD

LOADED, ROOF, LTHR • 92605km
st:32948 • \$13,950 • bw:\$129**

07 FORD EDGE SEL AWD

LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • \$17,850 • bw:\$192*

11 SUZUKI SWIFT PLUS

LOADED, A/C • 58162km
st:33524 • \$10,950 • bw:\$90***

09 CHRYSLER PT CRUISER

LOADED, A/C, AUTO • 61199km
st:32428 • \$8,950 • bw:\$83**

08 SAAB 9-3 2.0T

LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • \$13,980 • bw:\$130**

10 TOYOTA COROLLA CE

LOADED, A/C, AUTO • 65320km
st:32948 • \$12,950 • bw:\$107***

12 FORD FUSION SE

LOADED, A/C, AUTO • 32383km
st:33571 • \$16,970 • bw:\$140***

08 FORD TAURUS SEL

LOADED, A/C, AUTO • 90818km
st:32153 • \$11,840 • bw:\$110**

09 FORD ESCAPE XLT 4WD

LOADED, A/C, AUTO • 87719km
st:32729 • \$16,460 • bw:\$153**

07 VOLKSWAGEN PASSAT

LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • \$14,870 • bw:\$160*

11 CHRYSLER 200

LOADED, A/C • 36288km
st:33503 • \$16,970 • bw:\$140***

11 FORD FIESTA SE

LOADED, A/C, AUTO • 50713km
st:33517 • \$13,980 • bw:\$115***

10 SUZUKI SX4

LOADED, A/C, AUTO • 52490km
st:32918 • \$11,750 • bw:\$97**

11 HYUNDAI SONATA

LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • \$17,950 • bw:\$148***

10 EQUINOX LS AWD

LOADED, A/C, AUTO • 63009km
st:33050 • \$18,850 • bw:\$155***

08 HYUNDAI ELANTRA GL

STD • 34056km
st:33047 • \$8,450 • bw:\$78**

07 PONTIAC G5 SE

LOADED, A/C, AUTO • 93314km
st:33309 • \$5,750 • bw:\$62*

07 HYUNDAI ACCENT

LOADED, A/C • 99490km
st:32548 • \$6,940 • bw:\$74*

08 NISSAN ALTIMA 2.5S

LOADED, A/C, AUTO • 73130km
st:32193 • \$13,820 • bw:\$128**

10 SENTRA XTRONIC CVT

LOADED, A/C, AUTO • 63149km
st:33574 • \$11,960 • bw:\$99***

07 CHRYSLER SEBRING

LOADED, A/C • 86262km
st:31515 • \$9,680 • bw:\$104*

07 TRAILBLAZER 4WD

LOADED, A/C, ROOF • 79210km
st:33199 • \$14,870 • bw:\$160*

11 DODGE AVENGER SXT

LOADED, A/C • 33755km
st:33579 • \$15,970 • bw:\$132***

07 MAZDA RX-8 COUPE

LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • \$16,870 • bw:\$181*

07 PONTIAC G6 CONVERT

LOADED, A/C, AUTO • 74951km
st:32611 • \$14,950 • bw:\$160*

09 TOYOTA MATRIX S AWD

LOADED, A/C, AUTO • 89840km
st:33256 • \$13,950 • bw:\$120**

07 VOLVO S40

LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • \$14,870 • bw:\$160*

11 TOYOTA SIENNA LE

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st:33138 • \$25,890 • bw:\$204***

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Bi-weekly



07 Benz ML320 DIESEL

• AWD, NAV, Lthr,
Loaded, Roof
• st: 32168
• km: 72545

\$29,950

\$311*
Bi-weekly



08 BMW 128i COUPE

• Loaded, A/C,
Lthr, Roof, Auto
• st: 33071
• km: 78474

\$21,870

\$195**
Bi-weekly



08 Benz B200

• Loaded, A/C,
Auto
• st: 32353
• km: 66500

\$16,880

\$157**
Bi-weekly



08 Lexus IS250

• AWD, Loaded,
Roof, Lthr, Auto
• st: 29824
• km: 75146

\$26,840

\$248**
Bi-weekly



08 Lincoln MKZ

• AWD, Loaded,
Lthr, Roof, Auto
• st: 33632
• km: 98400

\$16,750

\$155**
Bi-weekly



11 SUZUKI KIZASHI

LOADED, A/C, AUTO • 34328km
st:33619 • \$16,970 • bw:\$140***

08 MINI COOPER CLUBMAN

LOADED, LTHR, ROOF • 53589km
st:33578 • \$17,980 • bw:\$167**

07 VOLKSWAGEN GOLF CITY

STD • 98747km
st:32116 • \$9,750 • bw:\$105*

11 MITSUBISHI LANCER SE

LOADED, A/C, MAGS, AUTO • 37161km
st:33466 • \$16,735 • bw:\$138***

07 MAZDA 6

LOADED, A/C • 53218km
st:33478 • \$10,780 • bw:\$116*

10 DODGE CHARGER

LOADED, A/C • 57663km
st:33459 • \$15,870 • bw:\$131***

08 CHEVROLET COBALT LS

STD • 90824km
st:33403 • \$7,850 • bw:\$73**

07 DODGE CALIBRE SXT

LOADED, A/C, AUTO • 82291km
st:31790 • \$8,780 • bw:\$94*

09 TOYOTA VENZA AWD

LOADED, A/C, AUTO • 22487km
st:31787 • \$24,850 • bw:\$231**

07 CHEVROLET OPTRA 5

LOADED, A/C, ROOF • 31417km
st:32802 • \$8,360 • bw:\$90*

08 SATURN VUE XR

LOADED, A/C, AUTO • 71309km
st:33473 • \$13,980 • bw:\$130**

07 VOLKSWAGEN JETTA CITY

LOADED, A/C, STD • 64009km
st:32268 • \$10,840 • bw:\$116*

08 JEEP COMPASS SPORT

STD • 68815km
st:32457 • \$10,650 • bw:\$99**

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • \$14,940 • bw:\$171*

06 NISSAN X-TRAIL XE

LOADED, A/C, AUTO • 73849km
st:31654 • \$10,950 • bw:\$118*

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payments) ***84 months (182 pay-
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